

FITNESS & SPORTS

CHALLENGE YOUR LIMITS AND TAKE YOUR WORKOUT TO THE NEXT LEVEL IN BALI'S TOP FITNESS CENTERS

“Strength does not come from physical capacity.
It comes from an indomitable will.”

-Mahatma Gandhi

BALI FITNESS SEMINYAK

About

The best little gym in Bali! A fully equipped weights and cardio floor with state-of-the-art treadmills. A group fitness studio featuring the world-famous Les Mills classes. An onsite cafe of goodness. The best trainers and instructors. The friendliest staff.



LES MILLS

Come on in, meet the team, and become part of the Bali Fitness

Fitness Sports - Seminyak

Seminyak family

Location:

Seminyak

Business hours:

Monday - Friday 7:00am - 8:00pm

Saturday 7:00am - 4:00pm

Sunday (Closed)

Website:

www.balifitness.asia

BALI FITNESS SEMINYAK

Details

Facilities:

Weights & Cardio
Group Fitness
Personal Trainers
Body Fuel (On-site cafe)

Rates:

1 Day - IDR 139,000
1 Week - IDR 359,000
2 Weeks- IDR 469,000
3 Weeks- IDR 579,000
10 Visits- IDR 999,000
1 Month - IDR 649,000

Personal Training:

30 minutes- IDR 200,000
60 minutes- IDR 300,000
60 minutes x 10 - IDR 2,700,000



BALI FITNESS SEMINYAK

Fitness Classes

- LesMills BodyCombat - Inspired by martial arts and draws from karate, boxing, taekwondo, tai chi, and muay thai.
- LesMills BodyPump - Les Mill's most popular strength training class. The original barbell class and still the best group fitness weight training class that strengthens your entire body.
- LesMills CXWORX - A 30-minute core training program that is a vital ingredient for a stronger body.
- LesMills RPM - The indoor cycling workout where you ride to the rhythm of powerful music. Hills, flats, mountain peaks, time trials, and interval training. Burn calories fast!
- Morning Cycle - Free-style spin classes to a wide range of music.
- W.O.D - Work Out of the Day is a 60-minute high-intensity total body conditioning class combining strength and cardio.
- HIIT - High-Intensity Interval Training. Their shorts burst done hard.
- TX - Suspension training, which builds true functional strength and improves flexibility, balance, and core stability.
- CoreStrength - 30 minutes of core stability and strengthening.
- BootyCrush - Butts and core say no more!
- Zumba - Dance off those calories to the best funky tunes. It's easy to do, effective, and totally fun!
- GentleYoga - This is done for the joy of stretching and stillness of mind. A little less intense and strenuous than normal yoga,
- PowerPilates - Follows the 6 principles of Joseph Pilates designed to develop strength, flexibility & coordination without adding bulk, and we just happen to have the best Pilates instructor on the island...



BALI FITNESS SEMINYAK

Class Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Morning Cycle	LesMills BodyPump	LesMills BodyCombat		WOD - Workout of the Day	Zumba
8:30 AM			LesMills CXWORX	Booty Crush		
9:00 AM	LesMills BodyPump	WOD - Workout of the Day	LesMills RPM	LesMills BodyPump	LesMills RPM	LesMills BodyPump
10:00 AM	LesMills BodyCombat	TRX	Gentle Yoga	Zumba	Power Pilates	
10:30 AM		Power Pilates				
5:30 PM	Core Strength	TRX	Core Strength	TRX		
6:00 PM	WOD - Workout of the Day	LesMills RPM	LesMills BodyPump	LesMills BodyCombat	LesMills BodyPump	
6:30 PM					LesMills CXWORX	

The schedule is subject to change without prior notice.

HAMMERHEAD FITNESS CENTER

About

The most complete gym in Bali, offering over 30 workout stations with the world's leading brands, the largest and heaviest free weights, racks, and benches in an open air-conditioned 600sqm space in the heart of Seminyak.

Whether you are pressing, squatting, curling, or benching, Hammerhead has the right equipment to shape your body. Cardiovascular programs are very important to improve your fitness level. Hammerhead has a large cardio theatre with world-class treadmills, steppers, ellipticals, and bikes, with a stretching/aerobic area overlooking Kuta's Sunset and Bali's volcanoes, all to help you improve your lifestyle, health, and general well-being.

There is a full range of high-quality imported supplements and pre and post-exercise snacks and drinks to fuel your body. Our mission is to promote and support a healthy, drug-free lifestyle and create an atmosphere that reflects Bali's spirit of cross-culture and common friendliness, helping each other in the community. In this spirit, we endeavor to give access to everyone to achieve a healthy lifestyle by offering very low rates that are the best value for money in Bali.



HAMMERHEAD FITNESS CENTER

Details

Location:

Kuta

Business hours:

Monday -Saturday: 6:30AM - 10PM

Sunday: 8AM - 6PM

Class Schedule:

Available upon request

Facebook Page:

www.facebook.com/hammerheadfitnesscenter





T H E L U X U R Y
S I G N A T U R E